

To experience health benefits from grounding (earthing), aim for **30 to 40 minutes daily** of direct skin contact with the Earth, such as walking barefoot on grass, sand, or soil. While some benefits, like improved blood flow, can occur quickly, more significant effects like reduced pain and improved sleep may require longer, sustained, or more frequent sessions. [WebMD +4](#)

Key Takeaways on Grounding Duration:

- **Minimum Goal:** Research suggests significant effects on stress, inflammation, and pain occur within 30–40 minutes of direct contact.
- **Optimal Exposure:** For chronic issues, experts often recommend 1–2 hours or more, or using indoor grounding products (mats, sheets) while sleeping.
- **Key Times:** Early morning is recommended for maximum electron transfer, but any time is beneficial.
- **Best Surfaces:** Soil, grass, sand, and unsealed concrete are conductive, while asphalt, wood, and vinyl are not. [WebMD +6](#)

Common Ways to Practice Grounding:

- **Barefoot Walking/Standing:** Direct contact with grass, sand, or soil.
- **Swimming:** Submerging in natural bodies of water (ocean, lakes).
- **Indoor Products:** Utilizing [Grounding Mats](#) or sheets plugged into electrical outlets. [WebMD +2](#)

Potential Health Benefits:

Studies have indicated that consistent grounding can help reduce inflammation, decrease stress by lowering cortisol, improve sleep quality, and reduce pain. As noted in a [PubMed Central article](#), it may also play a role in stabilizing the autonomic nervous system. [WebMD +2](#)

Disclaimer: Grounding is generally safe but should not replace conventional medical treatments. [BodyBio UK +2](#)